

## **Healthy Kansas Minute Radio Interview – National Bike Month**

**Joe:** This is the Healthy Kansas Minute. I'm Joe Blubaugh, and with me is Jennifer Church, Physical Activity Coordinator with the Kansas Department of Health and Environment. May is National Bike Month. This sounds like a perfect opportunity for families to spend quality time together.

**Jennifer:** Biking is a fun, healthy exercise that provides the opportunity to make lifestyle choices that promote increased physical activity for the whole family. Increased physical activity, along with a healthy diet that includes plenty of fruits and vegetables, helps reduce the risk of many chronic diseases including heart disease, high blood pressure and some cancers.

**Joe:** It also seems like a good time to remind motorists that bicycles are vehicles with the same rights, rules and responsibilities of other road users.

**Jennifer:** Exactly Joe. Cyclists are required to obey all traffic laws and it is common sense that they also wear helmets and other safety equipment.

**Joe:** Thank you, Jennifer. To learn more about increasing physical activity in your life, and the lives of your family, please visit our website at [www.kdheks.gov](http://www.kdheks.gov). This has been the Healthy Kansas Minute!